



SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

THE SUMMIT MONTHLY

DECEMBER 2022



Accredited by
Canadian Centre
for Accreditation



Summit Housing & Outreach Programs would like to thank our funders:



SUMMIT HOUSING & OUTREACH PROGRAMS

Statement from Health Service Providers in Ontario's Central Region:

We Stand Together to Support Respect and Safety for Ontario's Workers Who Provide Care

We, as leaders in Ontario's health-care system, recognize every person has been impacted by the pandemic. We thank them for the sacrifices made over the past two years to protect our health-care system and its lifeline, health-care workers.

The pandemic, however, is not over for Ontario's workers who provide care.

We appreciate the public's support over the last two years and we are trying to hold strong. We still need that support. Our health-care workforce is depleted and tired. We need to protect this precious resource for the good of all Ontarians to ensure the health-care system is there when the public needs it most – in recovery and rejuvenation.

As the pandemic has evolved, our workforce maintained its commitment to using the best scientific evidence and guidance to keep themselves safe and healthy, so they could continue to provide care for those in need. Hospitals, institutions, doctor's offices, homes, or wherever health care is provided, must always be places where the best public health guidance is followed.

We all have responsibility to ensure our health-care workers are safe and respected, whether at work, home, or in your local community. As some restrictions are lifted, we recognize that vaccination and masking policies will be necessary in health-care settings to protect us all.

We ask for kindness and to be respectful of each other, and our health-care workers, as we move forward together safely.

Signed:


Summit Housing & Outreach Programs



DECEMBER 2022

SUMMIT HOUSING & OUTREACH PROGRAMS
ONLINE PROGRAMMING



SUN	MON	TUE	WED	THU	FRI	SAT
				1 Early Risers Cancelled Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:45PM	2  Connections with Sharon 1:00-2:00PM	3
4	5 Mens' Group 2:00-3:00PM	6  Early Risers Cancelled Drawing Cancelled Evening Social 4:30-5:30PM	7 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group (Oakville) 2:00PM-3:00PM	8 Early Risers 10-1030am Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:45PM	9 Connections with Sharon 1:00-2:00PM	10
11	12 Monday Mixer 12:00-1:00PM	13  No Virtual Programs all day Client Holiday Party 530-830pm	14 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group (Milton) 2:00PM-3:00PM	15 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:45PM	16 Connections with Sharon 1:00-2:00PM	17
18	19 Mens' Group 2:00-3:00PM	20 Early Risers Cancelled Beginners Drawing 12:30-1:30PM Evening Social 4:30-5:30PM	21 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group Cancelled	22 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:45PM	23 Connections with Sharon 1:00-2:00PM	24
25 	26 	27 	28 Early Risers Cancelled Yoga with Lisa 11:30-12:30PM Walking Group Cancelled	29 Early Risers Cancelled Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:45PM	30 Connections with Sharon 1:00-2:00PM	31

Please note program adjustments in red

**Lunch
&
Learns**



INTERESTED IN JOINING AN ONLINE PROGRAM?
SIGN UP VIA EMAIL: MTHOMSON@SUMMIT-HOUSING.CA



WEDNESDAY'S NORTH WALKING GROUP

2-3PM



The North Walking Group will be meeting
biweekly at:



Milton Sports Center

(605 Santa Maria Boulevard, Milton, Parking on Site)

We will walk the path if it's nice outside or we will head
inside to the walking track in the event of bad weather!



fresh air

connection

tranquility



FOR REGISTRATION, EMAIL MELISSA AT
MTHOMSON@SUMMIT-HOUSING.CA



WEDNESDAY'S SOUTH WALKING GROUP

2-3PM



The South Walking Group will be meeting
biweekly at:



Bronte Heritage Park

(2340 Ontario St, Oakville - parking lot is at the foot of
Nelson Street)



OR in the case of bad weather:

Oakville Trafalgar Community Centre

(325 Reynolds St, Oakville - Parking on site)

fresh air
connection
tranquility



FOR REGISTRATION, EMAIL MELISSA AT
MTHOMSON@SUMMIT-HOUSING.CA

Volunteers Needed

We are currently looking for people
who would like to help with many
of our wellness programs

Opportunities Include:

- Friendly Phone Visitors
- Group Leaders - to help facilitate online or in-person groups
- FoodHub Assistance - helping unpack and sort food donations
- Drivers for helping pick up clients and other volunteers
- Other support - including administration, planning, events etc



JOIN US!!

We strive to foster an equitable environment that reflects the diversity of the community we serve, and welcome all qualified candidates including racialized individuals, members of the 2SLGBTQ+ communities, people with disabilities and people with culturally diverse backgrounds. Accommodations are available on request.

FOR MORE INFORMATION CONTACT MELISSA THOMSON:



289-208-4051



MTHOMSON@SUMMIT-HOUSING.CA



WHAT CHRISTMAS MEANS

A POEM WRITTEN BY: JUNE NORTON

THE TRUE MEANING OF CHRISTMAS
IT IS DIFFERENT FOR US ALL
FOR SOME PEOPLE IT IS GIFTS
FOR SOME IT'S MUSIC AND DANCE IN A HALL.

FOR LOTS OF CHILDREN IT'S SANTA CLAUS
AND PRESENTS UNDER THE TREE
FOR SOME ADULTS IT'S GIVING AS SANTA
TO SEE CHILDREN'S WONDER AND GLEE.

FOR SOME IT IS THE DAY THAT JESUS WAS
BORN
AND TO REMEMBER HIS HUMBLE BIRTH
WITH KINGS COMING FROM FAR AND NEAR
TO KNEEL BEFORE GOD'S SON ON EARTH.

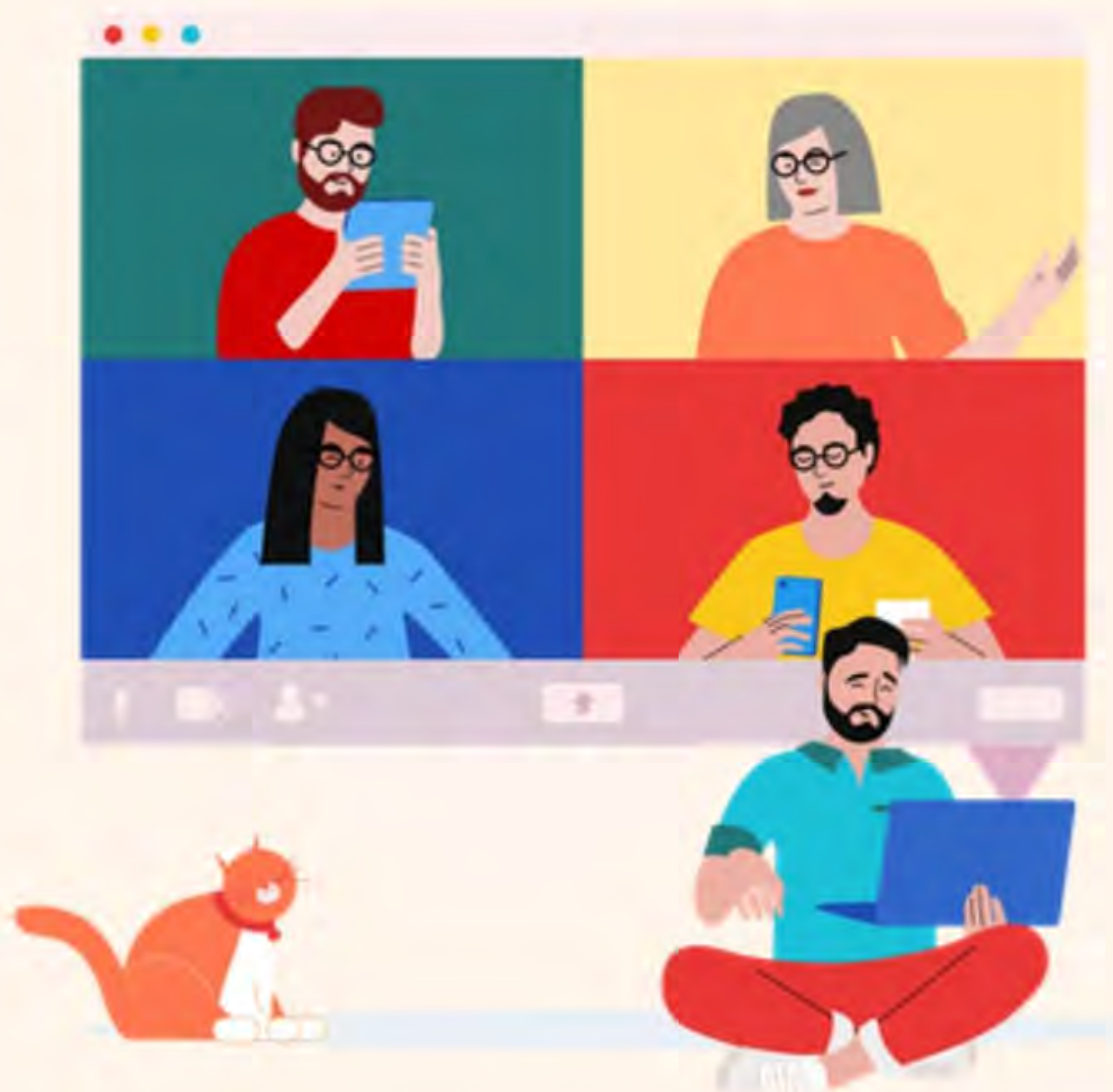
FOR OTHERS IT'S A TIME OF SADNESS
NOT TO BE WITH THE ONES THEY LOVE
FAMILY MAY BE ACROSS THE SEA
OR WITH GOD IN HEAVEN UP ABOVE.

THE TRUE MEANING OF CHRISTMAS
IS TO GIVE OF ONESELF WHAT YOU CAN
TO THOSE THAT ARE LESS FORTUNATE
TO HELP MOST OF ALL OUR FELLOW MAN.

MONDAY MIXER

Join us for an hour of social time where YOU get to choose the next week's topic/theme. Each week will be different and geared towards what you want!

Mondays
12:00pm -
1:00pm
Biweekly



For more information or to register contact Melissa
mthomson@summit-housing.ca or 289-208-4051

Early Risers

Summit Housing & Outreach Programs



TUESDAY | WEDNESDAY | THURSDAY
AT 10:00-10:30AM

Please contact Melissa for more info at
mthomson@summit-housing.ca



MEN'S GROUP

BI-WEEKLY ON
MONDAY'S 2-3PM

CONTACT MELISSA - MTHOMSON@SUMMIT-HOUSING.CA



WE ARE AN INCLUSIVE ORGANIZATION AND
WELCOME ALL GENDER EXPRESSIONS.

SUMMIT HOUSING & OUTREACH PROGRAMS

Beginners Drawing Group



Interested in art but not sure where to start with
drawing skills?
Look no further!

Tuesday's from
12:30PM-1:30PM

SUMMIT HOUSING & OUTREACH PROGRAMS

Social Hour!

VIRTUAL CHECK-IN



Tuesday's
4:30PM-5:30PM

COME JOIN SOCIAL
TIME WITH PEERS.
SEE YOU ALL THERE!

Please contact Melissa for more
information at mthomson@summit-housing.ca



YOGA AT HOME

WITH LISA

11:30AM-12:30PM
EVERY WEDNESDAY

**JOIN THE ZOOM
MEETING**

MEETING ID:
289 795 5847



FOR MORE INFORMATION AND TO REGISTER
PLEASE EMAIL MELISSA AT:
MTHOMSON@SUMMIT-HOUSING.CA

Summit Housing & Outreach Programs



Thursdays at 1PM

Please contact Mike Forester to sign up & for
more info at mforester@summit-housing.ca
Or Melissa at mthomson@summit-housing.ca

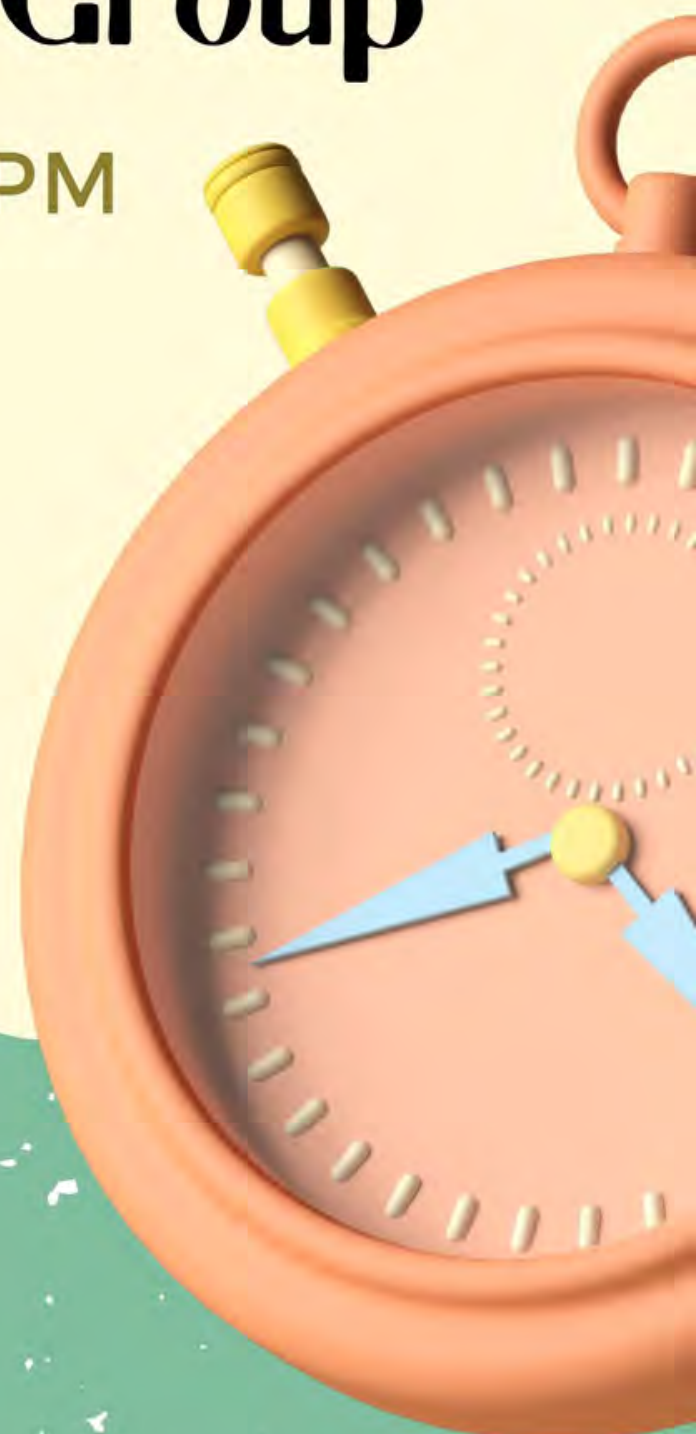


Summit Housing & Outreach
Programs presents:

Productivity Group

Thursdays at 2:30 PM

- 1 Make SMART goals
- 2 Set intentions for the week
- 3 Make and take time for the things you want to get done



FOR MORE INFORMATION AND TO
REGISTER PLEASE EMAIL MELISSA AT:
MTHOMSON@SUMMIT-HOUSING.CA

NEW!

CONNECTIONS



Join Sharon on Zoom for peer discussions on various topics. Practice your social skills, meet new friends and learn new tools for resiliency and self-care.

Fridays: Starting December 2nd 1:00 to 2:00 pm

<https://us02web.zoom.us/my/healthwellness>

Meeting ID: 289 795 5847

Every Friday from December
2nd to December 30th



You're invited

TO SUMMIT HOUSING & OUTREACH PROGRAM'S

CLIENT HOLIDAY PARTY

Join us for a fun evening filled with games, gifts,
a traditional holiday meal and social time.

TUESDAY, DECEMBER 13TH, 2022

Time: 530pm – 830pm

Where: Country Heritage Park, 8560 Tremaine Rd, Milton

*Transportation will be provided

RSVP by November 26th, 2022

mthangaraj@summit-housing.ca

905-871-5707



*Sorry, registrations have
closed*



MENTAL HEALTH & SUBSTANCE USE WEBINARS

JOIN US FOR OUR VIRTUAL PEER WORKSHOPS & CHECK INS

For workshop description & more info visit
www.stride.on.ca

16+

Check-N'-Chat

Sun December 4th
7:00 - 8:30 p.m.

Holiday Hangout

Wed December 21st
1:30 - 3:30 p.m.

Handling The Holidays

Wed December 7th
1:30 - 3:30 p.m.

Check-N'-Chat

Sun December 18th
7:00 - 8:30 p.m.

Check-N'-Chat

Sun December 11th
7:00 - 8:30 p.m.

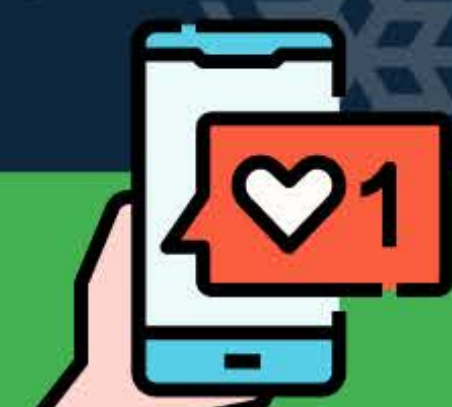
For questions & registration call, text or e-mail:

Tayna | TSanabria@stride.on.ca | 905-749-2389

We'll respond to messages Monday-Friday.



@STRIDE4WORK



DECEMBER 2022 WEBINARS

JOIN US FOR OUR VIRTUAL EMPLOYMENT READINESS WORKSHOPS & SOCIALS

1 hour informational session, 30 min discussion

For workshop descriptions & more info visit

www.stride.on.ca

16+

Hybrid Holiday Social

Tues December 6th

1:30 - 3:00 p.m.

Connect virtually or pop-in to our South Halton office to have some Holiday employment fun for our first ever HYBRID social.

Returning to Work

Thurs December 15th

1:30 - 3:00 p.m.

Self-Care

Tues December 13th

1:30 - 3:00 p.m.

Employment Check-In

Tues December 20th

1:30 - 3:00 p.m.

Connect with our PEP team virtually for our first ever employment check-in.

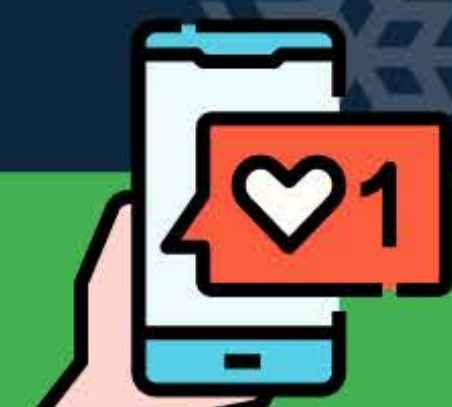
For questions & registration call, text or e-mail:

Tayna | TSanabria@stride.on.ca | 905-749-2389

We'll respond to messages Monday-Friday.



@STRIDE4WORK



WE'VE MOVED! OUR NEW OAKVILLE OFFICE LOCATION

**2305 WYECROFT ROAD
SUITE 200
OAKVILLE, ONTARIO L6L 6R2
PHONE: 905-847-3206
FAX: 905-847-2959**

**MAILING ADDRESS:
PO BOX 60024, RPO GLEN ABBEY
OAKVILLE, ONTARIO L6M 3H2**



Offices are open by appointment only.

MILTON OFFICE:
917 NIPISSING ROAD, UNIT 2
MILTON, ONTARIO L9T 5E3

BURLINGTON OFFICE:
WE ARE STILL SERVING THE BURLINGTON COMMUNITY,
HOWEVER BRANT STREET LOCATION IS CLOSED



SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

Food Bank Information

MILTON

Salvation Army, Khi Community - Milton

820 Nipissing Rd. Market & curbside appointments can be booked
by calling 905-875-1022
or visit <https://www.khicomunity.com/family-services>

No One Goes Hungry in Milton

Milton Bible Church, 121 Chisholm Drive
416-902-3983 or NOGHHaltonON@gmail.com
Sun, 4 pm-6 pm, Drive Thru meal pick up

Country Heritage Park - FoodforLife Market

Admin Building, 8560 Tremaine Road, Milton
Wednesdays 1-6pm
<https://foodforlife.ca/neighbourhood-programs/>

Milton Public Library, Beaty Branch

945 Fourth Line, Milton *Community Fridge, Food for Life Program
GOOD food bags are available during Beaty Branch Open Hours
Please email information@beinspired.ca call 905-875-2665 ext 3292
<https://foodforlife.ca/neighbourhood-programs/>

Milton Bible Church

121 Chisholm Drive, Milton 905-876-3586
Food for Life Program Thu 12 noon-1 pm, drive-through program
Community Fridge: Thu 11 am-4 pm, Sat 11 am-4 pm and Sun 2 pm-5 pm
<https://foodforlife.ca/neighbourhood-programs/>

Syyidah Aysha Centre - Milton Halal Food Bank

50 Steeles Ave E, Unit 23
Mon-Thu, 1 pm-5 pm, Sat & Sun 10 am-6 pm
Please call or message 647-470-3499 or 647-250-5512
www.miltonhalalfoodbank.com

Optimist Club Outreach

Milton Sports Centre, 605 Santa Maria Blvd (community park entrance)
Wed, 4:30 pm-6 pm *operating as a drive-thru program
<https://foodforlife.ca/neighbourhood-programs/>

Milton Community Resource Centre

410 Bronte Street *Community Fridge, Food for Life Program
Mon-Fri 8am - 4pm
GOOD food bags available by calling 905-876-1244
<https://foodforlife.ca/neighbourhood-programs/>

Viola Desmond / MCRC EarlyON Community Fridge

1450 Leger Way
Mon - Thurs 8:30am - 4:30pm, Fri - 8:30am - 12:30pm
GOOD food bags available during operating hours

Food Bank Information

ACTON

St Alban's Anglican Church

19 St. Alban's Drive, Acton 519-853-3583

Thursday – 10:00 am

<https://foodforlife.ca/neighbourhood-programs/>

Bethel Christian Reformed Church

365 Queen St. E., Acton

Must call the church to be a part of this program 519-853-2121

Thursday morning bag delivery – based on availability of volunteers

<https://foodforlife.ca/neighbourhood-programs/>

Acton Public Library

17 River Street, Acton (905) 873-2681

GOOD food bags available when the library is open.

<https://foodforlife.ca/neighbourhood-programs/>

Community Fridge and Food Pantry

Links2Care Community Hub

McKenzie-Smith Bennett Public School, 19 Acton Blvd.

Monday - Friday - 9:30am - 3:00pm

GOOD food bags and non-perishable food items.

<https://foodforlife.ca/neighbourhood-programs/>

Acton FoodShare

352 Queen St. Unit 6 (519) 853-0457

Tues 830am – 230pm

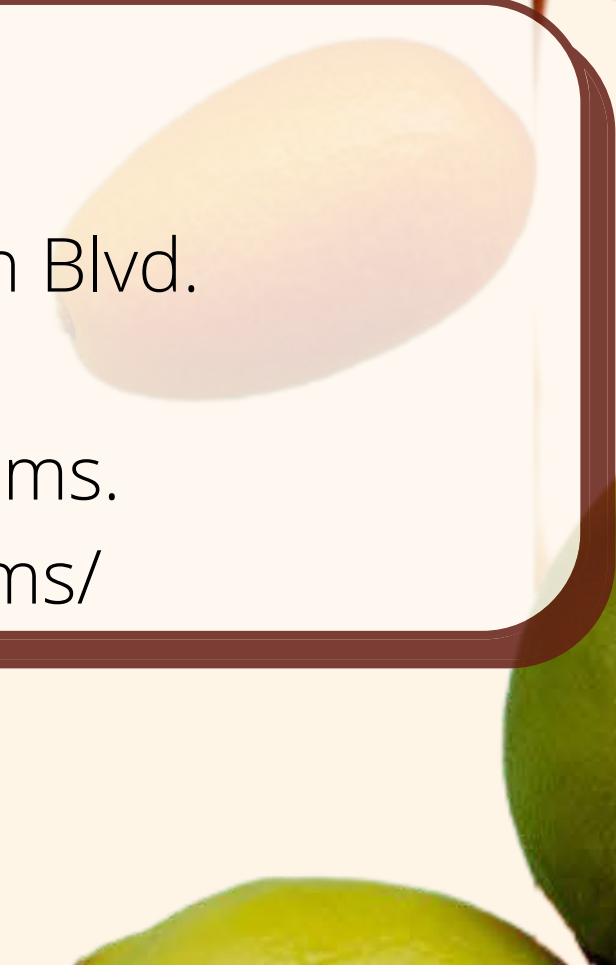
<https://actonfoodshare.com/>

Salvation Army Acton

130 Mill St East (519) 853-1140 or (519) 853-5610

Monday – Friday 930am – 12pm

<https://halton.cioc.ca/record/ACT0756>





Food Bank Information

GEORGETOWN

St John's United Church

11 Guelph Street (Guelph & Main) 905- 877-2531
Tuesday – 9:00 am

St. Alban the Martyr Anglican Church

537 Main Street, Glen Williams 905-877-8323
Tuesday am bag delivery
Please call to receive a bag – based on availability of volunteers

Community Fridge, Freezer and Food Pantry

Links2Care Community Hub, 360 Guelph St. Unit 33
Monday - Friday 8am - 4pm
GOOD food bags, frozen meat and non-perishable food items

Georgetown Public Library

9 Church Street, Georgetown, (905) 873-2681
Monday - Friday 830am-430pm
GOOD food bags available when the library is open.

Georgetown Bread Basket

49B Mountainview Rd. North, Georgetown (905) 873-3368
Tues 430-7pm, Weds & Sat 830am – 12pm

Salvation Army Georgetown

271 Mountainview Rd South (905) 877-1374 ext 101
Tues & Thurs 1-am-12pm By Appointment Only

Food Bank Information

OAKVILLE

Clearview Christian Reformed Church

2300 Sheridan Garden Drive (Ford & Royal Windsor), 905-829-2242

Wednesday morning, Clients must call to receive a bag of food.

Focus is on the Clearview Neighbourhood

OakPark Neighbourhood Centre (FFL Partnering Agency)

2200 Sawgrass Dr, 905-257-6029 (Call to register)

Wednesday 10:15 am – 11:15 pm – Fresh Food Bag Pick Up

St. Luke's Anglican Church Palermo

3114 Dundas Street West, Book by calling 905-635-1106 x225

Thursday - 4-5:30 pm

Food for Life GOOD Food Fridge Oakville Public Library - Central Branch

120 Navy Street, Oakville, (905) 815-2042

GOOD food bags available when the library is open

Salvation Army Oakville

1225 Rebecca St, (905) 808-3406 tsaokvilleCFS@cogeco.net

Wed & Fri 930am – 12pm, then 1pm-3pm, call for appointment

Hope Bible Church

500 Great Lakes Blvd (905) 827-4888 By Appointment Only

<https://hopeoakville.ca/market/>

Fare Share Food Bank Oakville Inc

1240 Speers Road, 905-847-3988

Monday's 9:30 a.m. – 2:00 p.m. or Thursday's 2:00 p.m. – 6:45 p.m.

<https://oakvillefoodbank.com/contact/>

Kerr Street Mission

485 Kerr Street, (905) 845-7485 (call to register)

Monday - Saturday - hours vary each day

<https://www.kerrstreet.com/receive-help/>

Dar Foundation

485 Morden Rd, (416) 904-0195

Wednesdays from 10:00 am to 02:00 pm

<https://darfoundation.com/services/food-bank/>

Food Bank Information

BURLINGTON

Mountainside Market - FoodforLife

2258 Mountainside Drive, 905-635-1106, *Book Appointments online
Tuesdays, Wednesdays & Thursdays 10 am - 6 pm
<https://foodforlife.ca/market/>

St. Luke's Anglican

1382 Ontario St. (Brant and Lakeshore), 905-634-1826
Tuesday – 10:15 am - 11:45am

Brant Hills Presbyterian - Operating in the parking lot

2138 Brant St. (Brant & Upper Middle), 905-335-2640
Wednesdays – 1:30 pm - 2 pm

Grace United Church (Tansley) - Operating in the parking lot

2111 Walkers Line (Walkers & Upper Middle)
Book your curbside pickup times slot by calling 905-335-0090
Friday 9:30 - 10:30 am

Compassion Society

484 Plains Rd E #14, Burlington, 905-592-3722
Monday & Wednesday 12-2:00 pm

Burlington Public Library - Aldershot Branch

550 Plains Rd E, Burlington, (905) 639-3611
GOOD food bags available when the library is open

Salvation Army Burlington

5040 Mainway Unit 9
Call 289-230-2556 to make an appointment
Mon (1PM– 3:30/4PM), Thurs (9AM – 12:00PM & 1PM-3:30/4 PM)
<https://burlingtonsalvationarmy.ca/community-family-services/food-bank/>

Compass Point Food Market

1500 Kerns Road, Burlington (905.336.0500)
Food Market is open the 2nd and 4th Sat. of each month 9am – 10:30am
<https://compasspointbc.com/food-market/>

Burlington Food Bank

1A – 1254 Plains Road East, 905-637-2273
Mon – Fri : 9:00 am – 11:45 am, Thursday evenings 5:00 pm – 7:00 pm
<https://www.burlingtonfoodbank.ca/>

Wellington Square United Church, Community Meal Support

2121 Caroline Street, Burlington (905) 634-1849 llunski@wsquare.ca
Friday HUB (10am-3pm) with free hot lunch served between 12-2pm.
<https://www.wsquare.ca/outreach/community-hub-and-lunch/>